

BRINGING UP BABY



BY

A HOSPITAL NURSE

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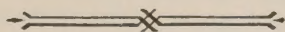
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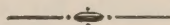
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“BRINGING UP BABY.”



INTRODUCTION.



“The child is father to the man.”

—WORDSWORTH.



THE most important subject to every mother must surely be the proper care and management of her infant. An immortal soul has been committed to you in a tender little body, and it is your duty to see that baby receives such physical and moral care that it may grow up with the “healthy mind in the healthy body” which is the ideal of all true education.

It is a sad fact that nearly half the children born in this country die before they are five years old. The causes of such a terrible waste of infant life are mostly preventible—improper feeding, want of fresh air and cleanliness, exposure to cold and damp, and the ailments incidental to teething; and many of the little ones who manage to survive these ills grow up from a puny childhood to sickly adolescence, and never know what it is to experience the blessings of perfect health. If mothers, instead of bringing up their babies “by rule of thumb,” would give the subject their earnest and careful consideration, the gain to the next generation would be enormous, and we might justly be called “the finest race in the world.” It is hoped that this little book of hints, written by an experienced nurse, may really prove of service to many mothers in their task of “bringing up baby.”

Feeding.

The first and most important question with every child is its proper feeding. As the lamp cannot burn without oil, so the little body cannot grow without its right nourishment. The best food for a baby is unquestionably its mother's milk, for that is Nature's own provision ; it is exactly fitted for every stage of the infant's life, and contains all the food substances that are required to build up the body. In many cases, however, it is impossible for a mother to nurse her child ; sometimes she has no milk to give it, or she may be consumptive or scrofulous or suffering from some acute disease which would make it imperative for the infant to be brought up by hand. It is therefore necessary to try and find as perfect a substitute as possible for the nourishment which nature has denied.

Human milk consists generally of the following proportions :—

Water	...	...	...	...	88·9
Casein	...	...	...	...	3·9
Fat	...	...	...	...	2·6
Milk sugar	...	...	...	...	4·3
Mineral salts	...	...	...	...	0·13

Cows' milk, which is the general substitute for human milk, contains these elements in the proportions given below :—

Water	...	...	...	...	87·5
Casein	...	...	...	...	4·21
Fat	...	...	...	...	3·82
Milk sugar	...	...	...	...	3·67
Mineral salts	...	...	...	...	0·71

It will therefore be seen that cows' milk contains less water, less milk sugar, and more fat and casein than human milk. Casein is the substance which is used in making cheese ; in human milk this forms very light clots which are easily assimilated, but in cows' milk it is so much stronger that it is often converted into curdling clots in the stomach, which the child is totally unable to digest.

Cows' milk must therefore be largely modified before it can be suitable for baby's use, for, although it may be diluted, the mere addition of water does not render the casein any more digestible.

Cane sugar does not adequately take the place of the milk sugar which is absent, as it is liable to ferment, and cause acidity. Cows' milk is also wanting in the special phosphates

which are so necessary to the growth and strength of the child.

The old-fashioned method was to feed the child on "pap," *i.e.*, bread scalded in water, with a little milk added, arrow-root, cornflour, &c. This was absolutely wrong, for until a child has cut its teeth it is quite unable to digest such foods, which only act as irritants and upset the stomach.

Frame-Food exactly supplies the elements which are lacking in cows' milk.

Its analysis is as follows :—

Water	...	...	...	0.55
Albuminoids	...	...	...	16.30
Carbo-hydrates...	...	...	...	53.00
Sugar and dextrine	...	...	...	28.60
Mineral salts, consisting chiefly of phosphate of potash, lime and iron	...	...	...	1.55

Frame-Food is a cooked food, ground into fine powder, and its special, unique feature is that it contains the soluble, nourishing *extract* of wheat-bran. Wheat-bran contains a large amount of valuable and nutritious matter, which is lost to human beings, as they cannot digest the flinty particles of the bran. In the "Frame-Food" process these flinty particles are rejected after being exhausted of their soluble, nutritious contents. Ten per cent. of this extract of wheat-bran is soluble organic phosphates, which enrich the blood and nourish bone and brain.

It will thus be seen that Frame-Food added to cows' milk, and diluted with certain proportions of water, makes a most excellent nourishment on which to bring up a baby, as it supplies the deficiencies in the cows' milk; it has the starchy granules so converted that they can be digested by the youngest infant, and it keeps the child's bowels properly regulated. As I have sometimes found that ignorant people try to feed young babies on Frame-Food mixed with *water only*, it is well to say here that Frame-Food does not claim to be a *substitute* for milk, but a *valuable addition*, by which the cows' milk is rendered *equal in quality*, and *superior in phosphates*, to human milk.

Frame-Food is sold in 1-lb. tins at 1s. per lb.

The following proportions are given at different ages :—

For an infant under three months :—

Frame-Food	...	...	1	teaspoonful.
Milk	...	...	$\frac{1}{3}$	of a breakfast cupful.
Water	...	...	$\frac{2}{3}$	of a breakfast cupful

For a child under six months and over three months :—

Frame-Food	...	...	1	teaspoonful.
Milk	...	...	$\frac{1}{2}$	of a breakfast cupful.
Water	...	...	$\frac{1}{2}$	of a breakfast cupful.

For a child under nine months and over six months :—

Frame-Food	...	...	2	teaspoonfuls.
Milk	...	...	$\frac{2}{3}$	of a breakfast cupful.
Water	...	...	$\frac{1}{3}$	of a breakfast cupful.

Directions for Preparing Frame-Food.

Measure out the Frame-Food, and pour on quickly sufficient cold water to make a thin, smooth paste, stirring briskly all the time ; gradually fill up with boiling milk and water in the proportions given in the foregoing tables, boil slowly for six minutes or longer. When sufficiently cool, give the food in an ordinary feeding-bottle.

The feeding-bottle and fittings must be kept most scrupulously clean. Tubes should never be used, as they are almost impossible to purify ; a bottle with only a teat on is far the best, and several teats should be used in rotation, those which are not in use being left to soak in water. Any food remaining in the bottle after a meal should be thrown away, as the least drop of sour milk will cause diarrhoea.

The temperature of the food should be about 100° Fahrenheit, that is, just comfortably warm to the mouth ; the mother or nurse should always ascertain the temperature of the bottle before giving it to the child.

Do not feed a baby every time it cries, for often the cries proceed from other causes than hunger ; see if the diaper needs changing, or if the child is in a cramped position. Infants sometimes suffer from thirst, and a teaspoonful of cold water will much relieve them.

A young baby requires feeding every two hours during the day, and every four or five hours during the night ; but at six months every three hours during the day, and once during the night, will be sufficient. The greatest regularity in feeding should be observed. When giving a child the bottle, the infant should be held in a half reclining position, as that will assist the digestion, and it should be kept very quiet for a little time afterwards.

Over Nine Months.

Up to nine months a child needs no other nourishment than milk and Frame-Food, and on no account should any cornflour, puddings, potatoes, or bread and butter be given. By nine months the infant ought to have cut several teeth, and it may then be given a cup of beef tea with some crumbled bread in it, in addition to its ordinary bottles. By 11 months it may be taking a lightly boiled egg, or a little bread and milk ("Frame-Food" brown bread is better than white or wholemeal), and after it is a year old it should have milk puddings, porridge, gravy and potatoes, &c.

For children of all ages Frame-Food is most nourishing, and the proportion of milk can be gradually increased until it is made entirely of milk, without the addition of water.

"Frame-Food" Jelly (containing the extract of wheat-bran), is also an excellent thing; children will eat it on bread or in puddings; it is more palatable than malt extract, though quite as nourishing. "Frame-Food" Jelly is very suitable for older children who have given up Frame-Food, as it supplies the same kind of nutriment.

Washing and Dressing.

To keep a baby scrupulously clean is almost as essential as to see that it is properly fed. Infants perspire very much more in proportion than grown-up people, and unless the pores of the skin are kept cleansed, poisonous matter is retained in the little body, and the child becomes hot and feverish. A nice warm bath should be given twice a day, and baby will much enjoy splashing about in the water. The washing should be conducted before a fire, with a screen to keep out draughts; the temperature of the water should be 100° Fahr., and, failing a thermometer, should be tested with the elbow, which is more sensitive to heat than the hand. Do not keep a child too long in its bath; dry it quickly and gently with a soft towel, and then dust the tender skin with Fuller's earth or violet powder, to prevent chafing. Do not let any water get into baby's ears, or it may cause deafness, and wash the little mouth out daily with borax and water to prevent thrush and kindred ills.

As regards clothing, the ideal garments for a baby should combine warmth and lightness. It is useless to cumber the child with petticoats and leave the delicate chest and arms

exposed to the risk of every chill. Woollen garments, which keep in the natural heat, while allowing the perspiration to escape, are undoubtedly the most suitable and healthy for children to wear, and the Jaeger Company supply baby's "layettes" and infants' and children's clothing which are composed entirely of wool.

It cannot be too strongly emphasized that baby's diapers must be kept frequently changed ; attention to this point will make the greatest difference in the child's health. Wet diapers should never be simply dried by the fire and put on again ; they must always be washed through in hot water first, or they are very liable to chafe the skin.

A good list of Long Clothes to provide for Baby :—

- 4 fine woollen vests
- 2 or 3 flannel binders
- 4 long flannel petticoats
- 4 woollen day dresses
- 4 woollen nightdresses
- 24 diapers of Turkish towelling
- 6 flannel squares
- 2 head flannels
- 1 warm knitted shawl
- 1 warm hood
- 4 pairs of knitted socks
- 1 veil.

Sleep and Exercise.

A baby should have all the sleep which it can possibly get, and it depends upon the mother whether the slumber must be preluded by rockings and hushings and weary pacings to and fro. If properly trained from the beginning a child will soon get accustomed to go to sleep by itself. After feeding it should be laid on its right side in the cradle, and allowed to sleep as long as it can. Never awake an infant suddenly, for the shock may cause it great harm.

The room where baby sleeps should be warm, but properly ventilated ; many children have lost their frail little lives through breathing the impure air that has been breathed over and over again in a close, stuffy room. Do not let a child sleep in the same bed with grown-up people ; accidents from suffocation are only too common owing to this cause. A baby should always have its separate cot, and if the weather be very cold an india-rubber hot-water bottle may be placed to warm it. Proper exercise is also necessary

for baby's health. The child must be allowed to kick its little arms and legs about after its bath, and if the weather permit should be taken for a daily airing in a basinette perambulator. Do not let a child stand on its legs too soon, attempts at walking are generally made at a year old, but fifteen months is quite young enough for most children to begin. If the legs seem weak and inclined to bend, keep the child resolutely off its feet for some time. A bow-legged child is an absolute disgrace to its mother.

Common Ailments and their Cure.

BRONCHITIS.—Keep the child in bed ; light a fire and boil a kettle, putting a tube of brown paper into the spout to send the steam into the room. Give one teaspoonful of ipecacuanha wine with warm water and sugar every four hours to encourage the cough. Give no meat or stimulants, but milk, Frame-Food, or any light puddings, until recovering, then give broths, soup and eggs. If the case is very severe apply linseed poultices to the chest.

CONSTIPATION.—In infants under three months this trouble usually arises through some error in feeding. Frame-Food gently regulates the bowels, but if this should not prove sufficient, half a teaspoonful of castor oil and half a teaspoonful of olive oil, or a teaspoonful of cod-liver oil, just after the feed, will give a good result. For infants over three months the inside of a boiled fig will prove beneficial. For older children try, first, natural remedies, such as plenty of fresh air and exercise, stewed fruit, porridge with treacle, "Frame-Food" Brown Bread, &c., and if these fail you can give liquorice powder, syrup of senna, or a small teaspoonful of castor oil.

CONVULSIONS generally come on at the period of teething, but most frequently are the result of over-feeding and improper food. No baby under six months should have any other diet than milk and Frame-Food ; to give it meat, potatoes, bacon, or fish is to give it poison. When a fit occurs send at once for the doctor, and in the meantime place the child in a hot bath (100° Fahr.), sponging the head and neck with cold water, and give a teaspoonful of ipecacuanha wine in a little warm water to make it sick. After the child has been in the bath a quarter of an hour take it out, rub very dry, and wrap it in a warm blanket. Keep the bowels well opened and attend to the general health.

CROUP.—The symptoms are breathlessness, restlessness, and a peculiar crowing sound when the child coughs. Give one teaspoonful of ipecacuanha wine every five minutes until the child is very sick. At the same time foment the throat with hot water, or apply a mustard poultice. Afterwards place the child in a hot bath, taking care that it is exposed to no draughts, and after ten minutes dry it and place it in bed in hot blankets. Put on a steam kettle, as for bronchitis, and give a light, nourishing diet, such as milk and Frame-Food.

DIARRHŒA.—Very serious in infants, usually caused by the milk not agreeing. If severe a doctor should be called in, but mild cases may be treated by keeping the infant very warm and giving a small dose of castor oil. If the baby is breast-fed, the mother should give up taking such food as cabbage, pickles, raw fruit, beer or porter.

ECZEMA.—A moist red eruption, turning to dried-up scabs, commonly on the face, behind the ears, in the groins, and inside the joints. The irritation is intense. The complaint is usually caused by errors in feeding—giving children who have not yet cut their teeth starchy foods or meat. Wash the places with oatmeal water, using no soap; and, after softening the scabs with oil, remove them, and use an ointment of zinc, or white precipitate ointment diluted with lard. Attend to the general health, and see that the child does not take a chill.

FLATULENCE.—Very troublesome to young infants. Give a teaspoonful of dill water, or half a peppermint lozenge dissolved in a wineglassful of warm water.

TEETHING.—The front lower teeth usually appear at about seven months of age, though the date is variable. Some infants are born with teeth, others do not cut any until a year old. When baby is teething guard especially against cold or chill. Keep the bibs frequently changed, and see that the bowels are well regulated. Slight diarrhœa may safely be allowed, but should be at once treated if at all severe. The gums should be lanced by a medical man if they are red and inflamed and the child is very cross and feverish.

THRUSH.—Small ulcer spots in the child's mouth, caused by insufficient cleanliness in the feeding apparatus. Place a little borax and glycerine mixed in the child's mouth; it will readily suck the glycerine, which tastes sweet.

To prevent thrush always wipe out the infant's mouth with borax and water on a piece of clean rag after each meal.

INFECTIOUS DISEASES, or any serious complaints. —A doctor should at once be called in. Little children collapse very quickly, so it is well to remember that a stitch in time saves nine. Pending the arrival of the doctor, a linseed poultice is always a safe remedy to relieve pain.

HOW TO MAKE A LINSEED POULTICE. Scald a basin and knife with hot water, then half fill the basin with boiling water, and gradually add linseed meal until it is of the consistency of butter. Spread with the knife on a piece of old linen, and apply it next to the bare skin, covering with one or more layers of flannel. Of course a boiling poultice must not be applied to the tender skin of a young child ; try the temperature first with the back of your hand.

How to Treat Accidents.

BURNS.—Should a child catch fire, throw something instantly round it to smother the flame—a rug, a tablecloth, or your own dress, if nothing better is handy. For a bad burn cover up the part immediately with soft rags or cotton wool dipped in sweet oil. If there is no oil in the house, a piece of soft paper covered with treacle may be applied, the great object is to instantly exclude all air from the wound. For a slight burn some carbonate of soda dissolved in a little water will give relief, or a little soap may be rubbed on the place ; but these remedies must only be applied when the skin is not broken. In all cases of severe burns a doctor should be sent for at once, as the child is liable to collapse suddenly.

BROKEN LIMBS.—If a child should break his arm or leg do not attempt to undress him ; if possible keep the broken limb quite unmoved, and send for the doctor immediately. If it is necessary to move the child, lift him gently into a bed, taking care that the limb is not jarred.

BRUISES.—If the skin is not broken apply fresh butter, or salad oil.

CHOKING.—If a child chokes over his food, put your finger down his throat and try to hook up the substance, or if that is impossible, to force it down. If this fails, hold the child up by his heels and smack his back vigorously.

FALLS.—If a child falls and is stunned, send at once for the doctor ; and meantime lay the child on his back and bathe his head and face with cold water.

POISONING.—Should a child swallow poison you must at once make him vomit. Put a tallow candle down his throat, or give him two teaspoonfuls of mustard mixed in half a teacupful of warm water. Keep him awake by slaps or shakes or dashing water in his face ; to let him sleep is to let him die. Send immediately for the doctor.

SPRAINS.—Bathe very frequently in either very hot or very cold water ; both have the same effect. If the arm place in a sling ; if the foot, keep in a recumbent position.

STINGS.—If stung by a wasp or bee, first press out the sting, and then apply sal-volatile or ammonia. If you have neither of these in the house, a little common washing blue, or some salt is a good remedy. If very inflamed put on a poultice.

SWALLOWING NEEDLES OR PINS.—This is extremely dangerous. Do not give an emetic or purgative, but make the child eat a quantity of potatoes and soft bread, so that a coating shall be formed round the offending substance, which will be passed in due course.

To avoid accidents keep all medicines and poisons out of the children's reach ; do not leave pins, tacks, or nails in baby's way, and be sure to keep a high guard in front of the fire.

Moral Training.

Children are creatures of habit, and the sooner a baby's training begins the better for all concerned. It is amazing how quickly the tiny creature begins to understand, and a little firmness in the beginning will save much trouble later on. Don't give baby everything he cries for ; train him in regular habits of feeding, sleeping and cleanliness and above all things make him obey you. Be perfectly truthful with the children ; you will lose their confidence if they find your word cannot be trusted ; and never promise what you do not mean to perform, either a bun or a beating. Train the little ones to be useful and tidy, let them delight to help mother ; teach them with their first lisping words to say their little prayers, and remember that for all this troublesome sowing you will surely reap your harvest by-and-bye.

FRAME-FOOD

(for Building up the Frame)

is a cooked food, rendered extraordinarily nourishing and strengthening by the addition to it of the *Phosphates*, Albuminoids and other nutritious matter extracted from wheat-bran. It thus contains all the constituents (obtained from a natural, not a chemical, source) so vitally necessary for the full development of Infants and young children, and for building up the strength of Invalids. The weakest digestion can assimilate Frame-Food. It replenishes the drain upon the maternal system of expectant mothers, with the best results for both mother and child; and nursing mothers are greatly benefited in the flow and nutritive nature of their milk.

The price of Frame-Food (16 oz. for 1/-) has been fixed with a view to bringing within the reach of all classes this really nourishing and digestible food. There is no food on the market which is at once so cheap and so good.

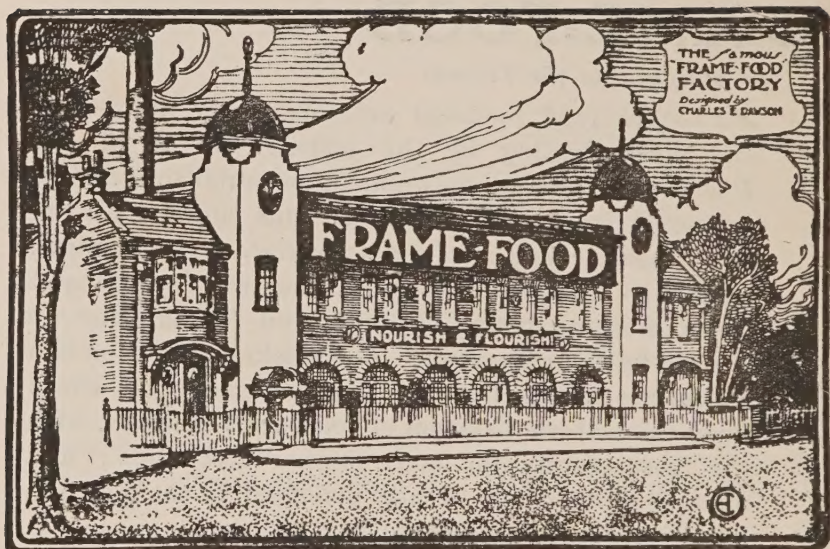
Sold in Tins, 1 lb. @ 1/- ; 4 lbs. @ 3/9.

“FRAME-FOOD” JELLY,

like Frame-Food, contains the organic Phosphates and Albuminoids which are necessary for the development of the Human Frame, and invigorate and strengthen at every period of life all the functions of the body. It possesses the nourishing and digestive properties of Malt Extract, but is much cheaper and more palatable. Children eat it readily on bread and butter, and grow stout and strong from using it.

Sold in air-tight Jars of about 1 lb. @ 9d.

FRAME-FOOD Co., Ltd., STANDEN ROAD, SOUTHFIELDS,
LONDON, S.W.



The New "Frame-Food" Factory, Southfields, London, S.W.

AN IDEAL FOOD FROM AN IDEAL FACTORY.

LONDON is starved of colour. In the dull monotony of dirty brick and stucco, how the eye feasts on a bit of fine red, purple or green !

At last this natural craving for one of the joys in life is satisfied in a building, whose highly original and decorative features have been designed by Mr. Charles E. Dawson, the planning and erection having been carried out by Mr. W. T. Walker, Architect, and the metal work made by the Duchess of Sutherland's Guild.

This striking new departure represents the first serious effort to build, amid humble surroundings, a factory which is both Beautiful and Hygienic.

The front of the building is composed of washable, glazed bricks in white, peacock blue, green, and brown, studded here and there with a design of lilies.

Upon the face of the factory the name Frame-Food and the "Frame-Food" motto : "Nourish & Flourish !" are in Doulton ware.

The towers which flank the building at each end are also in white, washable, glazed bricks. Their copper domes are surmounted by finials which repeat the lily decoration.

Over the main entrance is a nearly life-size, coloured bas-relief of a mother and child, designed, modelled and painted by Mr. Dawson.

Glazed bricks of pure white are used in lining interior walls, so that the environment of the food, from its manufacture to its delivery, shall be absolutely clean.

Water is supplied from a specially sunk artesian well, about 550 ft. deep, and is stored partly underground in a water-tank with a capacity for 20,000 gallons, and partly in water-tanks in a watch-tower to the east of the building—which carry 17,000 gallons.

A noticeable feature on this watch-tower is the wind-mill weather-vane.

The chimney shaft is another landmark, by reason of its unique decorations. Here white glazed bricks are relieved with bands of purple and green, while modelled decorations represent ears of wheat.

The building is illuminated by electric light.

The new machinery was specially devised for the exceptional and careful methods employed in the manufacture of Frame-Food. This machinery is driven by electric power generated on the premises by means of a gas-engine which is fed by producer-gas. The factory is thus rendered independent in respect of water, gas and electricity.

The offices, work-rooms, store-rooms and warehouses, are all light, lofty, and well ventilated. Special provision has been made for the comfort, accommodation, and general well-being of the employees. When weather permits, a fine breeze and a view of the Surrey Hills may be enjoyed during the dinner-hour, on the flat roof of the building.

A very beautiful leaded glass door to the women's dining-room is the joint present of Mr. Dawson (who designed it) and the Managing Director to the factory; it represents an ideal "Miller's Daughter."

This new home which has been built for the Food which "builds up the frame" shows that a factory need not, in order to serve industrial purposes, be a hideous mass of ugly brick, but may be a thing of beauty and a joy for ever, rising amid the homes of the people, and enriching their daily life with its wealth of colour and grace of outline.

**NOURISH
&
FLOURISH!**